ľ	NUTRITION CARE DIVISION
	FT CARSON MEDDAC – 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 Jun 07	18 Jun 07	19 Jun 07	20 Jun 07	21 Jun 07	22 Jun 07	23 Jun 07
Pancakes	French Toast Turkey Sausage Oatmeal/Grits	Pancakes Comed Beef Hash Oatmeal/Cream of Wheat	French Toast Country Fried Steak Oatmeal / Grits	Pancakes Turkey Bacon Oatmeal/Cream of Wheat	Belgium Waffles Grilled Harm & Corned Beef Hash Oatmeal/Cream of Wheat	French Toast

BREAKFAST: Fruit♥, juice, hot/cold cereal♥, toast♥, English Muffins♥, bagels♥, biscuits, assorted pastries, scrambled eggs, boiled eggs, eggs to order, omelets to order, hash browns, pancakes or french toast, cream cheese, peanut butter, jelly, bacon, sausage, cream beef, Green Chili; Fridays: Belgium Waffles to Order w/ toppings

## LUNCH:

Soup de Jour	Chicken and Dumpling Soup	Minestrone Soup	Cream of Broccoli w/Cheese	Tomato Florentine Soup	Soup de Jour	Soup de Jour
Turkey Nuggets	Soup de Jour	Soup de Jour	Soup de Jour	Soup de Jour	Clam Chowder	Grilled Chicken Adobo ♥
Lemon Baked Fish ♥	Grilled Salmon ♥	Cantonese Ribs	Cajun Baked Chicken♥	Weezer's Goulash	Chicken Pot Pie	Country Fried Steak
Mashed Potatoes ♥	w/ Lemon Caper Sauce	Chinese Five Spice Chicken ♥	Ranch Style Round Steak	Roast Pork♥	BBQ Pork Tenderloin	Country Gravy
Turkey Gravy	Fried Chicken	Yakisoba	Dijon Baked Pork Chops	Turkey Drumsticks	Baked Fish ♥	Peas & Carrots♥
Green Beans ♥	Boiled Potatoes ♥	Steamed Rice ♥	Chayote Squash♥	Au gratin Potatoes	Macaroni & Cheese	Greens ♥
Dinner Rolls	Mac & Cheese	Oven Brown Potatoes	Mashed Potatoes♥	Mushroom Gravy	Brown Rice 🕶	Mashed Potatoes ♥
	Broccoli♥	Oriental Vegetables 🔻	Brown Gravy	Vegetable Medley♥	Broccoli 🔻	Dinner Rolls ♥
	Dinner Rolls ♥	Spinach	Texas Style Beans	Green Peas ♥	Cauliflower	
		Dinner Rolls	Honey Glazed Carrots♥	Buttered Noodles♥	Dinner Rolls ♥	
Deli Special			Dinner Rolls	Dinner Rolls	Portabella Mushroom Sauce	Deli Special
	Southwestern Chicken Salad		Pasta Bar	Asian Bar	Antipasto Salad	Zen speem
		Taco Nacho Bar			Seafood Bar	
		Crispy BLT Chicken Salad	Chef Salad	Mandarin Chicken Salad		
			Cho Suna	g		

**LUNCH:** Salad Bar *Weekdays Short Order:* Hamburgers, Cheeseburgers, Hot Dogs, Chili Dogs, Grilled Cheese, Grilled Ham and Cheese, Philly Steak Sandwich, Pizza, BLT, Boca Burgers♥, Grilled Chicken Sandwich♥, French Fries, Assorted Chips, and Bread, Fruit♥.

Weekends & Dinner Meal Short Order: Hamburgers, Cheeseburgers, Grilled Cheese, Grilled Ham and Cheese, French Fries and, Grilled Chicken Sandwich♥ Assorted Cakes, Pies & Cookies, Ice Cream Novelties available at all lunch and dinner meals.

## **DINNER:**

## "MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF MENU ITEMS."

Soup de Jour Chicken Picatta Penne Pasta Pesto Vegetable Medley (Broccoli, Cauliflower, Carrots) Dinner Rolls	Soup de Jour Swiss Steak w/Brown Gravy Savory Baked Chicken Steamed Rice♥ Garden Vegetable Blend♥ Dinner Rolls	Soup de Jour Stuffed Pork Chops♥ Roasted New Potatoes♥ Green Beans ♥ Gravy Dinner Rolls	Soup de Jour Parmesan Fish ♥ Parsley Rice ♥ Asian Veggies ♥ Dinner Rolls	Soup de Jour Grilled Chicken Breast ♥ Mediterranean Potatoes ♥ Brown Gravy Green Beans ♥ Dinner Rolls	Soup de Jour Stuffed Cabbage ♥ Buttered Noodles ♥ Brown Gravy Zucchini ♥ Dinner Rolls	Soup de Jour Vegetable Lasagna Spaghetti & Meatballs Garlic Bread Spinach Dinner Rolls
HOURS: BRE	AKFAST: Weekday Weekend	vs: 0600-0830 ls/Holidays 0630-0800	LUNCH: Weekdays: Full Menu Self Service/ Short Order Weekends:	1100-1300 <b>DINNER:</b> Full 1300-1400 1130 - 1300	II Menu 1600-1730	

<sup>♥</sup> Denotes Heart Healthy Selection, Heart Healthy Meal includes entrée, starch, vegetable, bread, and fruit, and is less than 500 calories and 17g fat (30% fat) MELANIE J. CRAIG, LTC, SP, Chief, Nutrition Care Division